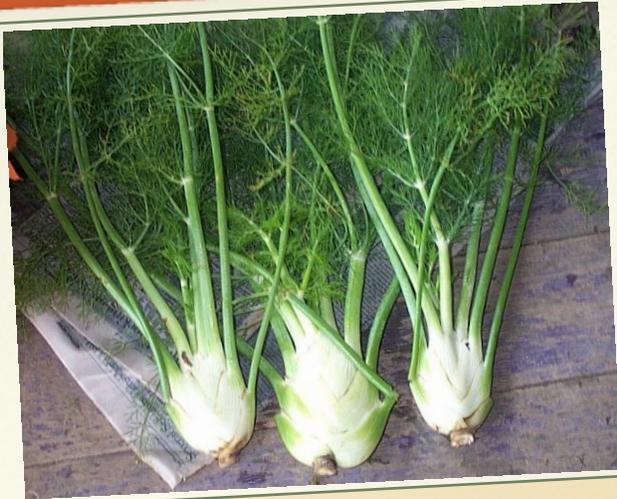


MAY

HAPPY HOLLOW FARM



Week 3 of 24 Wed. 5/21, Thurs. 5/22 & Sat. 5/24



FENNEL

L E T T U C E



F E N N E L

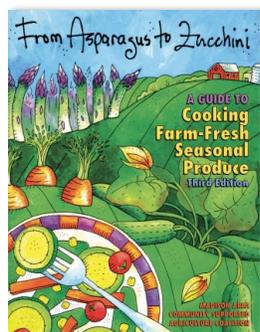


HIGHLIGHTED
VEGETABLE
OF THE WEEK

Fennel is a wonderful vegetable that can be used in a number of different ways. The flavor pairs fabulously with fish, it is delicious added to salads and the recipe in this week's newsletter is outstanding!

Don't forget about the great cookbook that we have available. It was written specifically for CSA members based on seasonal availability of the various veggies you will be receiving over the next many weeks.

The recipes are simple and most of them can be made quickly without a lot of ingredients. If you'd like a copy let Farmer Liz know and she'll bring one with to your drop site. They're \$20.



What's in your share?

Full, Partial & Single Shares

Baby Bok Choy

Cilantro

Fennel

Hakurei turnips

Head Lettuce (Baby Green Oakleaf & Rouxai, a red oakleaf)

Kale (Red Russian or Dinosaur)

Sugar Snap Pea Shoots (these are delicious added to your salad or added as a topping to most any dish)



Full & Partial Shares

Broccoli raab



Please remember to return your box every week when you pick up your next share



What's happening on the farm?!?

It's May and boy have we been running full throttle the past few weeks!!! We've seeded nearly 1,000 transplants in the greenhouse just last week, transplanted over 6,000 transplants over the past 2 weeks and last week (while taking a break from CSA deliveries) set out the tomatoes, summer squash, zucchini & cucumber transplants. Unfortunately, we lost some in the two mornings (Fri. & Sat..) of frost that we got here in our valley. That's one of the hard lessons I learned this year. No matter how much I want to get tomatoes out early b/c I know everyone loves tomatoes, I will never plant them before the last week of May ever again !!!!! Luckily we'll be replacing the ones that perished in the next couple of weeks because our

friends at CCUA and Bear Creek Farms both have some extra tomato plants that they're going to give us. "Give Us" being the operative word because having to buy 600+ organic transplants would cost us over a \$1K and that's money I don't have in the bank at the moment.

We also hosted one of the first *Crop Mobs* this past Sunday and had 23 farmers and friends join us for an afternoon of raised bed building. I've had a vision for raised beds for a few years now. After trying to plant rhubarb unsuccessfully a number of times I decided the best thing to do would be to put them in raised beds. We'll be finishing up that project in the next couple of weeks and we'll have our perennial herbs and rhubarb planted before the middle of June!

Did You Know?

Amazing Bee Facts

- If you eat a candy bar it will take you 1 hour to burn off the calories. A human-sized bumblebee could burn the same number of calories in 30 seconds, flapping it's wings at 200 times per second or 12,000rpm.
- A bumble bee burns calories so fast that even with a full stomach they are only 40 minutes from starvation - their metabolic rate is 75% faster than a hummingbird's.
- During chillier seasons, worker bees can live for 9 months. But in the summer, they rarely last longer than 6 weeks - they literally work themselves to death.
- Bees pollinate over 80% of the insect crops - meaning they pollinate over \$20 billion worth of crops each year.

VEGGIE RECIPE OF THE WEEK

Penne w/ Fennel, Sausage & Tomato

Ingredients & Directions

Preheat oven to 450 degrees. **1 or 2 heads fennel**, finely chop fronds & set aside. Roughly chop bulbs and stalks & toss with **2 yellow onions**, **cut into thick half moons**, salt and **freshly ground black pepper** to taste and **1/2 teaspoon red pepper flakes**. Roast in a pan, stirring frequently, until tender and golden, about 15 mins. Meanwhile, make sauce: In a large heavy skillet over medium heat, cook **2 lbs. Italian sausage**, until cooked thru, 10-15 mins. Strain sausage & discard grease. Return sausage to skillet. Add **one 28 oz. can**

tomatoes (or 5 chopped frozen/canned tomatoes from last summer) and **1/2 cup coarsely chopped basil & parsley** and simmer until liquid has evaporated. Add **1/4 cup heavy cream** and simmer, stirring, about 5 mins. Cook pasta (**1 lb. penne**) and reserve 1 cup of cooking water. When finished, drain, and return to pot, add sauce and cook to heat. Add **1/2 cup grated Parmesan**, salt & pepper to taste, **1/2 cup coarsely chopped parsley & basil**, fennel fronds & serve with more parmesan cheese.

Fennel fronds

Don't throw out those fronds! Fennel fronds (the leafy green tops) are delicious in salads of any sort (lettuce, egg, tuna, etc.)

The fronds also add a lovely mild fennel flavor to vinaigrette dressing. Chop them up and add them to your favorite dressing before shaking and serving.